

## Salad Nicoise

### Dressing

- ½ c.....Olive Oil
- ¼ c.....Red Wine Vinegar
- 2 Tbs.....Dijon Mustard
- 1 ea.....Lemon (juiced)
- 2 Tbs.....Chopped Fresh Basil
- 1 ea.....Chopped Garlic Clove
- ¼ c.....Capers
- to taste .....Salt & Pepper



1. Mix together well and refrigerate until needed.

### Salad

- 1 12 oz can ..Chunk Light Tuna
- 3 ea.....Baby Red Potatoes
- 3 ea.....Roma Tomatoes
- ½ lb.....Green Beans (trimmed)
- ½ ea.....Red Onion
- 3 ea.....Hard Boiled Eggs
- ½ c.....Kalamata Olives

1. Boil or steam the potatoes and green beans.
2. Cool completely.
3. Drain tuna and place in the middle of a platter.
4. Cut each potato and tomato into 8 wedges and place around tuna on the platter.
5. Julienne red onions and place on platter.
6. Cut each egg into 4 wedges and place on platter.
7. Place green beans and olives on platter.
8. Pour dressing over whole salad.

This is a great summer salad. Salad Ni oise (knee-SWAHZ) is a traditional dish from Nice, France. It is usually served with each ingredient arranged around the tuna on a bed of lettuce but is sometimes cut into smaller pieces and mixed together. Grilled fresh fish or smoked fish can be used in place of the canned tuna. Grilled chicken would also work. If you are in the mood for some greens add some spinach or some baby greens.

Be creative, have fun and enjoy!!!